



DEPARTMENT OF THE NAVY
OFFICE OF THE CHIEF OF NAVAL OPERATIONS
2000 NAVY PENTAGON
WASHINGTON, DC 20350-2000

OPNAVINST 6110.1G
PERS-651
10 October 2002

OPNAV INSTRUCTION 6110.1G

From: Chief of Naval Operations
To: All Ships and Stations (less Marine Corps field addressees not having Navy personnel attached)

Subj: PHYSICAL READINESS PROGRAM

Ref: (a) DODI 1308.3 of 30 Aug 95 (NOTAL)
(b) COMNAVRESFORINST 6110.2A
(c) NAVPERS 15560C, Naval Military Personnel Manual (MILPERSMAN)
(d) BUPERSINST 1610.10
(e) NAVPERS 15602A, Navy Nutrition and Weight Control Self-Study Guide
(f) OPNAVINST 6120.3
(g) OPNAVINST 6100.2
(h) OPNAVINST 3500.39A
(i) NAVMED P-5010, Manual of Preventive Medicine
(j) OPNAVINST 5100.23F
(k) NAVMED P-117, Manual of the Medical Department
(l) BUPERSINST 1430.16E
(m) SECNAVINST 1412.6K
(n) SECNAVINST 1420.1A

Encl: (1) Program Action and Responsibilities
(2) Physical Fitness Assessment (PFA)
(3) Medical Screening and Waivers
(4) Conditioning and Test Safety
(5) Fitness Enhancement and Weight Management Programs
(6) Body Composition Assessment (BCA)
(7) Physical Readiness Test (PRT)
(8) Administrative Actions
(9) Command Fitness Leader (CFL) Qualifications
(10) Navy Physical Fitness Assessment (PFA) Checklist
(11) Inspection Checklist

1. Purpose To provide policy and procedures for Navy's Physical Readiness Program as directed by reference (a). This instruction is a major revision and should be reviewed in its entirety.

2. Cancellation. OPNAVINST 6110.1F.

3. Applicability. Provisions of this instruction apply to all active and reserve naval personnel, enlisted and officers, E-1 through O-10. The term commanding officer in this instruction refers equally to commanders, commanding officers, and officers in charge.

4. Policy

a. Physical fitness is a crucial element of mission performance and must be a part of every Navy member's life. Mission readiness and operational effectiveness are built on the physical fitness of the individual; therefore, all Navy personnel shall maintain personal physical fitness by regular exercise and proper nutrition.

b. The principal goal of the Physical Readiness Program is to create a culture of fitness to enhance a member's ability to complete tasks that support the command's mission. COs shall aggressively integrate physical readiness activities into the workweek in the same manner applied to meeting other mission and operational requirements.

c. Commands must develop and implement a Fitness Enhancement Program (FEP) that meets the needs of all personnel striving for improved fitness, not simply those who do not meet standards. FEP must be designed to increase and maintain cardiorespiratory fitness; muscular strength and endurance; flexibility; reduce excess body fat; promote year-round fitness and health; and provide nutritional guidance. Activities shall ensure all medically qualified personnel meet or surpass all physical readiness standards. Testing the physical fitness and readiness of every uniformed member of Navy is required.

d. Physical Fitness Assessment (PFA) includes Body Composition Assessment (BCA) and Physical Readiness Test (PRT). BCA is the maximum weight for height screening and body fat percentage estimation based on circumference measurements. The PRT is the sit-reach, curl-ups, push-ups, and either run or swim. All Navy personnel, regardless of age, shall participate in semi-annual PFAs unless medically prohibited.

e. All personnel are required to meet standards set forth in this instruction. Members who are unable to meet PFA standards or mission-related physical fitness standards required of units can be subject to administrative action. COs shall recognize members who make significant improvements in physical fitness or consistently score excellent or better, through comments on NAVPERS 1610/2, Fitness Report and Counseling Record (E7-O6) (FITREP), NAVPERS 1611/2, Report on the Fitness of Flag Officers and Flag Selectees (FLAG FITREP), and NAVPERS 1616/26, Enlisted Evaluation and Counseling Record (E1-E6) (EVAL), as well as other incentive awards.

5. Action

a. COs, are responsible for physical fitness of personnel and shall establish and maintain an effective year-round Physical Readiness Program consistent with this instruction and unit mission. Enclosure (11) is provided for use in self assessment evaluations.

b. All personnel shall participate in a year-round physical fitness program to meet physical readiness standards consistent with this instruction and unit mission. Personnel who cannot participate in such a program due to a valid medical condition shall be placed in a rehabilitative program, designed by a Command Fitness Leader (CFL) and Navy Morale, Welfare, and Recreation (MWR) fitness instructor, in conjunction with appropriate medical personnel.

6. Forms

a. NAVPERS 1070/613 (Rev 10-81), Administrative Remarks, NAVPERS, 1610/2 (7-95), Fitness Report and Counseling Record (E7-O6), NAVPERS 1616/26 (7-95), Enlisted Evaluation and Counseling Record (E1-E6) are available in the Naval Inventory Control Point using requisitioning procedures contained in CD-ROM NAVSUP PUB 600 (NLL), Navy Stock List of Publications and Forms and also online at <http://forms.daps.mil/order/>.

b. NAVPERS 1611/2 (7-95), Report on the Fitness of Flag Officers and Flag Selectees is available online at <http://www.bupers.navy.mil/pers00f/index.html>.

c. SF-600 (Rev. 6-97), Chronological Record of Medical Care is available online at <http://www.gsa.gov>.

d. NAVMED 6120/3 (Rev. 6-91), Annual Certificate of Physical Condition is available in the Naval Inventory Control Point using requisitioning procedures contained in CD-ROM NAVSUP PUB 600(NLL), Navy Stock List of Publications and Forms. Form may also be obtained online at website <http://forms.daps.mil/order/>.

7. Report. Reference (a) requires Navy to report on Physical Readiness Program annually. All commands will report results of two PFAs per person per calendar year via Physical Readiness Information Management System (PRIMS) at website www.mwr.navy.mil/mwrprgms/missup.htm. NAVPERSCOM (PERS-651) will submit an annual report to Department of Defense (DOD). PRIMS reporting requirement is exempt from reports control per SECNAVINST 5214.2B.

GERALD L. HOEWING
Vice Admiral, U.S. Navy
Deputy Chief of Naval Operations
(Manpower and Personnel)

Distribution:
SNDL Parts 1 and 2